Checklist For Cardiac Examination

BEFOR EX	
Greating / Introduce .. /Explained	
Washed hands. /Warm hands	
Right of the patient/ Prepared a stethoscope /good Light.	
supine position / semisitting /Exposure	
G .EXAMINATION	
Appearance …. ABCDE ..	
Hand .. neck..head (?mark) .. Ask about tenderness ..	
Nails : cyanosis , capillary refill , splinter he …	
Palm :janeway lesion , Osler nodes , palmer erythema ..	
Pulse .. details … BP	
NECK : pulsation .. /EYE :pallor , jaundice ../Mouth : cyanosis , dental caries …	
Inspection	
Precordial bulge.	
Dilated veins	
Thoracic cage abnormalities	
Pulsation. 5 areas	
Scars …..	
Palpation	
Localized the apex by palmar surface of the hand then tip of your index finger.	
Palpated the left parasternal area using the palmer aspect of your right hand for thrills.	
By the palmar aspect at the base of metacarpals confirm presence of parasternal heave.	
Palpable second sound (diastolic shock).	
Epigastrium	
Auscultation	
Put stethoscope on fifth left intercostal space . (bell , timing)	
Ask patient to roll onto his left side.	
Moved stethoscope to axilla.	
Lower left sternal border .	
left sternal border	
Second aortic area	
Pulmonary area	
First aortic area	
Ask patient to sit up, lean forward, exhale completely and hold breath in expiration.	
Evaluate the splitting of the second sound in the pulmonary area	
Back auscultation	
Back examination …. Sacral edema **/LIVER ,SPLEAN , LL edema**	
END OF EXAMINATION	
Growth chart /Vital signs/ Pulse oxymetry /Cover patient/ Thanks/ Summary	

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